Overcoming Adversity

To examine the various drives and impulses that arise within the mind. Allows one to gain a glimpse of the underlying mechanism. Which tends to operate on autopilot. Considering how much time is allotted to the pursuit of chasing money. To keep a roof over one's head and bills paid on time. It leaves an individual with little time to reflect upon the deeper meaning of life. As whatever spare time one has, will usually be filled with chores of some kind. That prevents one from undertaking introspective thought. The restrictive nature of the pay to exist lifestyle. Leaves little time to reflect upon why the system can't be more flexible in nature. Why expectations of youth appear as nothing more than illusions in one's later years. The quiet despair of knowing that without some form of radical change. Nothing of significance will change over the course of one's lifetime.

Crushing realizations of this nature steadily erode whatever's left of an individual's confidence. The bitter disappointment thoughts of this nature imprint upon the mind. Awaken dormant fears that serve as a reminder of the fragile nature of life itself. Unless the will is strong enough to overcome thoughts of a negative nature. It's unlikely that one will break free of these mental shackles. As genuine change requires a firm commitment on behalf of the individual. Otherwise, it's nothing more than wishful thinking. A fleeting thought with no weight or substance to sustain it. Without a firm commitment being tied to an outcome. Each attempt will yield similar results. For a crucial piece of the puzzle is missing. As words ring hollow without the mental fortitude to back them with actions.

Positive change in personal circumstances, unable to take root without a decisive shift in thinking. Learning to detach from a mindset that restricts the

ability to explore avenues of thought outside of established boundaries. To gradually become comfortable with feeling uncomfortable. Leaving that which no longer serves one's higher purpose behind. To focus upon the things which align with genuine growth. Each new day providing an opportunity to explore possibilities outside of established norms. While it might feel uncomfortable at first. Small victories provide enough motivation to push through adversity. So long as one remains firmly grounded in conviction. Maintaining the fortitude to forge ahead will feel natural. As one has come to embody the various ideals for which they stand and fight.